I claim:

1. A method for microderm abrasion, comprising:

forming a topical composition into a granule; and

abrading mammalian skin by impacting the mammalian skin with the granules.

2. The method of claim 1 wherein the granules are micron-sized particles.

3. The method of claim 2, wherein the granules have a size of from about 1 to about 500 microns.

4. The method of claim 3, wherein the granules have a size of from about 50 to about 400 microns.

5. The method of claim 4, wherein the granules have a size of from about 100 to about 250 microns.

6. The method of claim 1, wherein the granules have a size of from about 1 to about 5 microns.

7. The method of claim 1, wherein the granules have a size approximately equal to the size of the pores of the mammalian skin.

8. The method of claim 1, wherein the granules are impacted against the mammalian skin by a pressurized gas.

9. The method of claim 1 wherein the granules comprise a topical composition disposed within or upon a secondary substance.

10. The method of claim 9, wherein the secondary substance is selected from the group consisting of microsponges, nanodevices, liposomes, and combinations thereof.

11. The method of claim 1 wherein the granules are hyperbaric particles.

12. The method of claim 1, wherein the granules are impacted against the mammalian skin, while under a vacuum.

13. The method of claim 1, wherein the topical composition is selected from the group consisting of naturally occurring chlorophyll-containing compounds, carotenoid-containing compounds, phyocobilin compounds, indocyanine green, methylene blue, rose Bengal, Vitamin C, Vitamin E, Vitamin D, Vitamin A, Vitamin K, Vitamin F, Retin A (Tretinoin), Adapalene, Retinol, Hydroquinone, Kojic acid, a growth factor, echinacea, an antibiotic, an antifungal, an antiviral, a bleaching agent, an alpha hydroxy acid, a beta hydroxy acid, salicylic acid, antioxidant triad compound, a seaweed derivative, a salt water derivative, algae, an antioxidant, a phytoanthocyanin, a phytonutrient, plankton, a botanical product, a herbaceous product, a hormone, an enzyme, a mineral, a cofactor, an antiaging substance, insulin, minoxidil, lycopene, a natural or synthetic melanin, a metalloproteinase inhibitor, proline, hydroxyproline, an anesthetic, chlorophyll, bacteriochlorophyll, copper chlorophyllin, chloroplasts, carotenoids,

phycobilin, rhodopsin, anthocyanin, inhibitors of ornithine decarboxylase, inhibitors of vascular endothelial growth factor (VEGF), inhibitors of phospholipase A2, inhibitors of S – adenosylmethionine, licorice, licochalone A, genestein, soy isoflavones, phtyoestrogens, derivative, analogs, homologs, and subcomponents thereof, and derivatives, subcomponents, immunological complexes and antibodies of said target tissue, and synthetic and natural analogs thereof, and combinations thereof.

14. A device for performing microderm abrasion comprising a motor, an oscillator driven by the motor, and an abrader pad attached to the oscillator, whereby turning on the motor and contacting the abrader pad to mammalian skin effects microderm abrasion.

15. The device of claim 14 wherein the abrader pad includes a topical composition disposed thereon.

16. The device of claim 15 wherein the topical composition is selected from the group consisting of naturally occurring chlorophyll-containing compounds, carotenoid-containing compounds, phyocobilin compounds, indocyanine green, methylene blue, rose Bengal, Vitamin C, Vitamin E, Vitamin D, Vitamin A, Vitamin K, Vitamin F, Retin A (Tretinoin), Adapalene, Retinol, Hydroquinone, Kojic acid, a growth factor, echinacea, an antibiotic, an antifungal, an antiviral, a bleaching agent, an alpha hydroxy acid, a beta hydroxy acid, salicylic acid, antioxidant triad compound, a seaweed derivative, a salt water derivative, algae, an antioxidant, a phytoanthocyanin, a phytonutrient, plankton, a botanical product, a herbaceous product, a hormone, an enzyme, a mineral, a cofactor, an antiaging substance, insulin, minoxidil, lycopene,

a natural or synthetic melanin, a metalloproteinase inhibitor, proline, hydroxyproline, an anesthetic, chlorophyll, bacteriochlorophyll, copper chlorophyllin, chloroplasts, carotenoids, phycobilin, rhodopsin, anthocyanin, inhibitors of ornithine decarboxylase, inhibitors of vascular endothelial growth factor (VEGF), inhibitors of phospholipase A2, inhibitors of S – adenosylmethionine, licorice, licochalone A, genestein, soy isoflavones, phtyoestrogens, derivative, analogs, homologs, and subcomponents thereof, and derivatives, subcomponents, immunological complexes and antibodies of said target tissue, and synthetic and natural analogs thereof, and combinations thereof.